

Football FUNdamentals Knowledge Organiser - Year 1



Prior Learning: In Year Early Years, children were introduced to some fundamental football skills. Through fun games they began to dribble the ball with their feet and keeping the ball close to them. They learned to pass a ball towards and through a target. They also learned how to get away from an opponent with fun tag games.

Key Skills

Physical Me

- Kicking** **Agility**
- Running** **Balance**
- Dribbling** **Co-ordination**
- Passing**

Value Me:

- Teamwork

Thinking Me

- Select and apply my skills
- Evaluate performance

Social Me

- Communication
- Encourage
- Collaboration



Invasion Games you can play...

- Football
- Basketball
- Rugby
- Handball
- Hockey
- Lacrosse
- Netball

Key Vocabulary

Sole

Plant

Pass

Point

Touches

Dribble

Outside

Key Knowledge

Stopping the ball - When stopping the ball, to begin you can use the sole of your foot.

Passing- P – Plant (foot next to the ball)
 P – Pass (inside of the other foot)
 P – Point (your foot in the direction you want the ball to go)

Dribbling- Keep the ball close to your feet, small touches- imagine you have a force field around your body and it can not go out of it.

Passing the ball: Toe, toe, toe- No, No, No

Invasion Games have...

Attackers

- Aim to score a goal or point
- Create space
- Keep possession
- Move into a scoring position

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Defenders

- Try and stop the opposition from scoring
- Mark the opposition
- Try and win the ball back